



ITEM# 108

# USANA Probiotic

Everything you ingest must go through your digestive system, which, in turn, provides all the micro- and macronutrients your body's cells need to function properly. Therefore, maintaining your digestive health is crucial for maintaining your overall health. USANA's **USANA Probiotic** supplement supports digestive health with a unique blend of probiotics that helps to maintain a healthy balance of beneficial bacteria in your gut.

## Importance of Digestive Health

If the body is deficient in any essential nutrients, immune function can be compromised and the potential for developing a number of health concerns is significantly higher. Because the digestive system is responsible for breaking down and absorbing the vitamins and minerals from food and nutritional supplements, maintaining digestive health is an important factor in optimising nutrient intake and defending against deficiency-related illness.

Similarly, if the body is unable to effectively eliminate waste, the effects can range from embarrassing and unpleasant to dangerous and extremely painful. Not only does a healthy digestive system greatly reduce the likelihood of physical discomfort from gas, constipation, bloating, or occasional diarrhea, it also facilitates consistent waste elimination from the body through the regular passing of stools and normalisation of stool consistency.

To keep everything working smoothly, it is vital that you drink plenty of water; exercise; and consume a proper diet with plenty of fibre from fruits, vegetables, and whole grains. In addition to eating a healthy diet, adding probiotics to your diet can help create an ideal environment for healthy digestion.

## Probiotics Promote Balance

Your gut is host to both beneficial and potentially harmful bacteria. When balanced properly, these bacteria, also known as microflora, aid healthy digestion. Stress,

illness, antibiotics and/or medicines, poor diet and hydration, lack of rest, and harmful environmental conditions, however, may endanger the fine balance of the intestinal flora. This imbalance can result in the reduction of beneficial bacteria in the gut, which can lead to digestive concerns that may not only be physically uncomfortable but also possibly harmful to your health.

The Food and Agriculture Organisation of the United Nations defines probiotics as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host." Probiotic dietary supplements replenish beneficial microflora, which can help restore a proper microbial equilibrium in the gut and aid good digestion.

## Plus Immune Function

More immune cells are concentrated in the gut than in any other region of the body. Not only are friendly bacteria vital to the proper development of the immune system, recent research also suggests that probiotics help sustain healthy immune function by promoting healthy bacterial growth and preventing the introduction of harmful bacteria strains.<sup>12</sup>

## Why USANA Probiotic?

The beneficial effects of one strain of probiotics do not necessarily hold true for others, or even for different varieties of the same species or strain. Sufficient quantity of high-quality bacteria strains must survive stomach acidity and enter the intestinal tract alive to be effective. **USANA Probiotic** features a unique 50/50 mixture of *Bifidobacterium BB-12*<sup>®</sup> and *Lactobacillus rhamnosus GG, LGG*<sup>®</sup>—two strains of probiotic bacteria that have been clinically proven to survive transit through the acidic environment of the stomach, and promote a natural balance of beneficial microflora in the gut.<sup>3</sup>

## Using USANA Probiotic

**USANA Probiotic** employs an advanced delivery system that guarantees the product will provide viable probiotics for at least 18 months when stored at room temperature. Refrigeration may prolong shelf life even further. It is also easy to use. Simply take **USANA Probiotic** alone or add one serving (one stick pack) of the mildly sweet, powdered formulation to **Nutrimeal**<sup>™</sup>, **Fibery**<sup>™</sup>, cold beverages or foods every one or two days to assist your digestive health.

USANA PROBIOTIC NUTRITIONAL INFORMATION		
SERVINGS PER PACKAGE: 14		
SERVING SIZE: 1 STICK PACK (1 g)		
	QUANTITY PER SERVING <sup>1</sup>	QUANTITY PER 100 g <sup>2</sup>
Energy	14 kJ (3.3 Cal)	1400 kJ (330 Cal)
Protein	0.1 g	13 g
Fat, Total	0 g	0 g
— Saturated	0 g	0 g
— Trans	0 g	0 g
Cholesterol	0 g	0 g
Carbohydrate	0.8 g	80 g
— Sugars	0.7 g	70 g
Dietary Fibre, total	0.1 g	14 g
Sodium	0 mg	0 mg
† AVERAGE QUANTITIES		

INGREDIENTS: Skimmed Milk Powder, Glucose, Inulin, Sucrose, Maltodextrin, Lactobacillus rhamnosus GG (LGG<sup>®</sup>) and Bifidobacterium, BB-12<sup>®</sup> strains, Silicon Dioxide.  
Product contains milk.

**USANA**  
HEALTH SCIENCES



Optimizers  
Micronutrition  
Digestive Health

## USANA Probiotic

- A digestive health formula containing billions of viable bacteria per serving
- Contains two specific probiotic strains Bifidobacterium BB-12<sup>®</sup> and Lactobacillus Rhamnosus LGG<sup>®</sup>
- Clinically proven to survive transit through the acidic environment of the stomach and reach the intestine alive
- Helps to maintain healthy gut flora
- Unique formula to guarantee viable bacteria throughout shelf life when stored at room temperature



## References

1. de Vrese M, et al. Eur J Nutr 2005;44:406-13.
2. Rautava S, et al. Pediatric Research 2006;60(2):222-225.
3. Myllyluoma E, et al. Dig Liver Dis 2007;39(6):516-23.

<sup>®</sup>BB-12<sup>®</sup> is a registered trademark of Chr. Hansen.  
<sup>®</sup>LGG<sup>®</sup> is a registered trademark of Valio Ltd.